

## Claims

I claim:

1. A therapeutic support, comprising:

a main cylinder having a length, two ends, and a hollow center forming an inner diameter,

two similar cylindrical plugs fixedly inserted into the main cylinder, each having a length, an outer diameter, a small hole bore and two plug ends, said length of the cylindrical plugs being up to one-third the length of the main cylinder, said outer diameter of the cylindrical plugs having sufficient measure to abut the inner diameter of the main cylinder upon insertion of the cylindrical plugs into the main cylinder thereby creating a free air chamber within the hollow center of the main cylinder,

two pieces of flexible firm piping, each said flexible firm piping having a length, said length being up to one-third the length of the main cylinder and each said flexible firm piping being fixedly inserted into the small hole bores of each cylindrical plug,

adhesive means to attach the cylindrical plugs to the main cylinder, and

adhesive means to attach the flexible firm piping to the small hole bore, whereby once a person rests any other body part on the therapeutic support, the weight of the person will cause a small amount of air to discharge from the free air chamber through the firm piping and at the same time maintain a level of firmness that provides the desired outcomes for the therapeutic results from the product, and further allows for the air to return naturally to the free air chamber once the use is over, whereby the therapeutic support is immediately ready for another use and purpose.

2. The apparatus of claim 1 wherein the main cylinder and cylindrical plugs are made of foam.
3. A therapeutic support, comprising:
  - a main cylinder having a length, a middle third portion, two end third portions, a first outer diameter, and a hollow center, said hollow center being in said middle third portion and further comprising a second inner diameter, said hollow center second inner diameter being smaller than the first outer diameter,
  - two end third portion bores situated within said two end third portions and extending from the hollow center through the two end third portions, whereby once a person rests any other body part on the therapeutic support, the weight of the person will cause a small amount of air to discharge from the hollow center through the two end third portion bores and at the same time maintain a level of firmness that provides the desired outcomes for the therapeutic results from the product, and further allows for the air to return naturally to the hollow center once the use is over, whereby the therapeutic support is immediately ready for another use and purpose.
4. The apparatus of claim 3 wherein the therapeutic support is made of foam.
5. The apparatus of claim 3 wherein the second diameter is one-half of the first diameter.
6. The apparatus of claim 3 wherein the two end third portions have end faces, and end face centers and wherein the two end third portion bores are located at the end face centers.
7. The apparatus of claim 3 wherein the two end third portion bores have a one-quarter inch third diameter.